

INDEX

Current Health²

September 2002 through April/May 2003

S—September
O—October
N—November
D—December
J—January
F—February
M—March
AM—April/May

Topic Issue Page

Focus

Body Image	M/03	6-12
How to Cope with Change	S/02	6-11
How Your Family Affects Your Health	N/02	6-12
Performance-Enhancing Drugs	F/03	6-12
Teens and HIV	D/02	6-11
Use and Abuse of Prescription Drugs	AM/03	6-11
What Do You Know About the Food You Eat?	O/02	6-11
Will Technology Make You Healthier?	J/03	6-12

Disease & Disorders

Asthma Alert	N/02	13-15
Bacteria: Good, Bad, and Itchy	S/02	18-20
Diet-Disease Connection	J/03	13-15
Food Poisoning	O/02	23-25
Headaches	M/03	13-15
Meningitis	AM/03	28-29
Teens and Cancer	F/03	22-24
Teens and HIV	D/02	6-11

Drugs

Antidepressants	O/02	14-16
Drug Testing	M/03	19-21
Ephedra: An Herbal Danger	D/02	26-28
Help with Drug Problems	N/02	18-20
How Alcohol Ads Target Teens	S/02	14-17
Marijuana	J/03	19-21
Performance-Enhancing Drugs	F/03	6-12
Use and Abuse of Prescription Drugs	AM/03	6-11

First Aid & Safety

Automatic External Defibrillators (AEDs)	J/03	28-29
Cheerleading: Injury Risks	S/02	24-25
Defensive Driving	D/02	20-22
Fire Safety and Prevention	N/02	27-29
Heat-Related Illnesses	AM/03	23-25
Safe Biking	M/03	22-23
Teen Rescue: CPR	O/02	26-27
Top Teen Killers	F/03	28-29

Fitness & Exercise

Athletic Shoe IQ	S/02	12-13
Benefits of Golf	M/03	26-28
Everyday Ways to Get Fit	D/02	14-16
Fitness: All in the Family	N/02	21-23

Topic Issue Page

How Competitive Are You?	F/03	30-31
How Much Exercise Do You Need?	J/03	15-18
Relaxation Techniques	AM/03	26-27
Uncommon School Sports	O/02	17-19

Nutrition

Chicken Soup for the Body	N/02	24-26
Counting Down Cholesterol	M/03	16-18
Getting Enough Calcium?	J/03	25-27
School Lunches	S/02	26-28
Sports Nutrition Myths	F/03	16-18
"Spuds" for Dinner	D/02	29-31
Water Needs	AM/03	18-19
What Do You Know About the Food You Eat?	O/02	6-11

Psychology

Are You an Introvert?	D/02	17-19
Body Image	M/03	6-12
Dealing with Depression	O/02	28-30
Dealing with Rage	AM/03	20-22
Do You Need More Sleep?	F/03	19-21
How to Cope with Change	S/02	6-11
Mastering Motivation	J/03	30-31
Pets: Unconditional Love	N/02	16-17

Relationships

Combat Negative Peer Pressure	S/02	29-31
Community Service	M/03	29-31
Criticism, Taking and Giving	AM/03	12-14
Cultural Diversity	F/03	25-27
Dating Dilemmas	D/02	23-25
How Your Family Affects Your Health	N/02	6-12
Mentors: A Life Guide	O/02	20-22
Time for Tolerance	J/03	22-24

Your Personal Health

Back Pain	D/02	12-13
Bad Habits to Lose	S/02	21-23
Benefits of Laughing and Crying	F/03	13-15
Body Piercing and Tattooing	AM/03	15-17
Dental Care	M/03	24-25
Privacy of Medical Records	N/02	30-31
What You Should Know About Surgery	O/02	12-13
Will Technology Make You Healthier?	J/03	6-12